I.   **AMENDMENT**

A.   **In the Claims**

Please amend the claims as set forth below. It is believed that no new matter has been added.

Cancel claim 2.

Per Rule 1.126, please renumber claims and dependencies as the following claims:

Claim 19 to 77

Claim 25 to 78

Claim 26 to 79, delete 26 and insert 78

Claim 41 to 89

Claim 44 to 90

Claim 46 to 80, delete 19 and insert 77

Claim 47 to 81, delete 19 and insert 77

Claim 50 to 82

Claim 52 to 83, delete 19 and insert 77

Claim 54 to 84, delete 19 and insert 77

Claim 55 to 85, delete 54 and insert 84

Claim 56 to 86, delete 54 and insert 84

Claim 65 to 87, and

Claim 70 to 88, delete 19 and insert 77.

1. (Currently amended)   A method of creating a personalized exercise routine, the method including:

forming machine-readable instructions corresponding to a personalized exercise

routine;

protecting said machine-readable instructions as private to a user;

~~maintaining said personalized exercise routine as personal to the user;~~

storing the personalized exercise routine formed in the machine-readable instructions in a <u>portable</u> memory device; <u>and</u>

<u>user-triggered enabling of:</u>

<u>translating the private personalized exercise routine, stored in the portable memory device, to a different personalized private exercise routine for each different type of user-selected exercise machine,</u>

retrieving the personalized exercise routine formed in the machine-readable instructions from the memory device<u>,</u>[[;]] and

~~user-triggered engaging of the machine-readable instructions to~~ control<u>ling</u> an exercise machine in carrying out the <u>different</u> personalized <u>private</u> exercise routine.

2. (Canceled)

3. (Currently amended)   A method of using a system, the method including:

providing at least one user interface that allows a user to select a type of exercise machine, and <u>to</u>

 create a <u>private</u> personal<u>ized</u> exercise routine for the type of exercise machine that is selected<u>;</u>[[,]]

~~allowing translating, by a computer system, of the exercise routine from the selected type of exercise machine to a different type of exercise machine that is selected by the user; and~~

<u>translating the private personalized exercise routine, stored in a portable memory</u>

<u>device, to a different personalized private exercise routine for each different type of user-</u>

<u>selected exercise machine; and</u>

        providing ~~control over~~ at least one of the types of exercise machine <u>that carries</u>

<u>out one said different</u> ~~to enable the~~ exercise routine ~~to be carried by the user~~.

        59. (Currently Amended)   The method of claim 6, wherein ~~the~~ at least one

user interface includes a corresponding media display, the media from the group including at

least one of video, audio, and text<u>.</u>

        76. (Currently amended)   A method ~~of using a computer system, the method~~

including:

        forming a personalized exercise routine stored in a personal account at a

computer system;

        protecting said personalized exercise routine with a password and such that the

personalized exercise routine is maintained, by said system, as personal to a user <u>and private</u>;

~~and~~

        <u>enabling translating said private personalized exercise routine, stored in a</u>

<u>portable memory device, to a different private personalized exercise routine for each different</u>

<u>type of user-selected exercise machine such that</u>

        ~~controlling~~ an exercise machine ~~equipment of said system~~ <u>of at least one said</u>

<u>type is controlled</u> with <u>one</u> said <u>different private</u> personalized exercise routine.